

What to know before registering a relay team

1. The swimming distance is 4 x 25 meters.
2. Teams' gender must be mixed. There must be, at least, one woman or one man in each team.
3. Team must consist of a team Captain and 3 swimmers. Only the team Captain should register the team. The names of the other 3 members should be provided on registration.
4. Team members must agree on their start order prior to registration.
5. Team member may participate in one breaststroke relay and one freestyle relay.
6. When called to the pool area, team members will be instructed take their position at the team's lane according their start order. The first and third swimmers take the start end of the lane, while the second and fourth swimmers take the turning end of the lane.
7. The swimmers must follow the general regulations described in Chapter 1 of IWSA rules for Winter Swimming World Championships.
8. The first swimmer starts as described in Chapter 1 of IWSA rules for Winter Swimming World Championships.
9. There is no claxon signal for the following swimmers. The previous swimmer completing his or her turn by touching the wall signals the start for the subsequent swimmer. The second, third or fourth swimmer must be in the water in the start position while (and before) the incoming teammate is touching the wall.
10. The team finishes when the fourth swimmer touches the wall at the end of the lane.
11. The only permissible stroke is "Head-Up" breaststroke. The crown (the top) of the head must not be submerged during the race after the start and turns. If the crown (the top) of the head submerges at any time during the race, the swimmer will receive 5 second penalty that will be added to their race time.
12. Swimming style is freestyle meaning "any style" for the swims of team members.

Age groups

Breaststroke relays 4 x 25 meters	
Category	Total age of the team (years)
BR1	≤ 150
BR2	151 – 200
BR3	201 – 250
BR4	≥ 251

Freestyle relays 4 x 25 m	
Category	Total age of the team (years)

FR1	≤ 150
FR2	151 – 200
FR3	201 – 250
FR4	≥ 251